

# The Senior Connection

NEWS and EVENTS from the  
Howard County Office on Aging

Department of Citizen Services

Volume 5, No. 4 • April 2015

A Message from

**Lois Mikkila**

Director, Howard County  
Department of Citizen Services



The saying “it’s better to give than to receive” has particular meaning in April, as we celebrate Volunteer Appreciation Month.

For all of you who volunteer your time in our community – thank you! For many organizations, the Office on Aging included, volunteers provide critical support. The Office would definitely not be able to provide all the services it does without a dedicated group of volunteers. From the SHIP counselors who help folks navigate the Medicare program, to the Cycle2Health volunteers who help folks navigate the County’s bike paths, our volunteers are certainly making a difference – and they are invaluable.

Whether their focus is on human services, health, education, the arts or the environment, organizations throughout our community rely on volunteers to be able to fulfill their missions. Volunteering doesn’t just benefit the community, though – it also benefits the volunteer!

We hear all the time, when someone is discussing their volunteer work, that they get more out of it than they give. It’s not surprising that volunteers report greater social connections and a sense of purpose from volunteering. After all, they’re meeting new people and contributing to some greater good. But did you know that a growing body of research shows that volunteering contributes to physical and mental health, vitality, self-esteem, and longevity? That’s right – volunteers have been found to live longer!

So if you aren’t already a volunteer, consider becoming one. Whatever your interests, skills, and availability, there are organizations in our community that would be thrilled to have your help. Even if you’re not able to get out regularly because of health or transportation challenges, there are still ways to volunteer. My mom has knit hundreds of baby sweaters for her church’s mission, in the comfort of her living room. At 97, she is still finding ways to give back. ***What difference do you want to make in our community?***



**2015**

**WOMENFEST**

A Health & Wellness Event for Women

Are you a multi-tasker? If so, you won’t want to miss WomenFest, a day designed just for women where you can boost your health and wellness, attend engaging workshops, shop for Mother’s Day gifts, jewelry and fashion accessories, plus home improvement and financial services, and enjoy lunch, all under one roof, for one fabulous day!

*Since its inception, WomenFest has grown dramatically, drawing 90+ vendors and exhibitors offering an expansive array of products, gifts and services. There’s something for everyone...*

Back for its 7th consecutive year, WomenFest will be on Saturday, April 25, from 10:00 a.m. to 3:00 p.m. at the Gary J. Arthur Community Center in Glenwood, 2400 Route 97 in Cooksville. General admission and parking are free. This signature women’s wellness event is coordinated by the Howard County Department of Citizen Services and its Office on Aging.

Since its inception, WomenFest has grown dramatically, drawing 90+ vendors and exhibitors offering an expansive array of products, gifts and services. There’s something for everyone, as evident by the wide range of free health screenings; engaging seminars, workshops and demos; delicious lunch menu options for purchase; and plenty of great door prize drawings throughout the day!

This year’s seminar topics include:

**EXERCISE GOOD CENT\$ (11 a.m.)** — Pamela Gilmour, CEO, CPA, and Stephen Norris, CFP, from Financial Fitness will offer tips to help you get your finances in order and reduce your financial stress.

**THE PULSE OF WELLNESS (11 a.m.)** — Kristin M. Clark, MD, of WellBeing Medical Care will help you learn the steps toward a heart healthy life that will benefit you at any age.

**BE ON GUARD, IT’S NOT HARD (12:15 p.m.)** — Howard County Police Lt. Troy Bailey will demonstrate how to be more aware of your surroundings and how to protect yourself if the need arises.

**CAN YOU HEAR ME NOW? (12:15 p.m.)** — Norma Stevens, MS, LCPC, of IHS Psychotherapy and Counseling LLC, shares communication tools to enhance listening skills and strengthen relationships.

**SPLASH OF ART (12:15 p.m.)** — Lisa Noss from Pinot’s Palette leads this workshop, designed to bring out your inner artist.

*WomenFest 2015 continued on next page*

# 7th Annual WomenFest 2015

*Continued from previous page...*

Just added, don't miss "Stirring Up Fun in The Kitchen," two fabulous cooking demos by **Kathryn White, Danielle Hanscom, and Debbie Mosimann**, co-authors of the new cookbook, ***Eight Broads in the Kitchen***. At 11 a.m., they will show you how to expand your breakfast repertoire by adding vibrant color and uber-flavor to some of your favorite breakfast foods. At noon, you'll learn how to take some of the all-time favorite breakfast recipes and create something fresh with fruit, salads, and veggies.

Come early and stay late! You won't want to miss the keynote address at 1:30 p.m. featuring **Lynne Brick**, president of Brick Bodies Fitness Services, Inc., entitled "**Build Your Healthy Tomorrow, Today!**" Lynne's interactive presentation is geared to motivate and inspire you on your journey to health and happiness in just three easy steps. Be sure to reserve your free entry tickets upon arrival at WomenFest. After the keynote, you'll still have time to visit our vendors to find the perfect gift for Mother's Day!

WomenFest 2015 is brought to you thanks to the generous support of our sponsors, including **ABC2** and its partners: **Howard County Health Department, Howard County Recreation & Parks, Special Beginnings Birth & Women's Center, SynergyFx, The Body Image Therapy Center and U.N.I. Urgent Care Center.**

The event's premier sponsors include: **Chesapeake Urology, Howard County General Hospital, Vantage House, WeCare Private Duty Services, Inc. and Wegmans.** Additional support is provided by signature sponsors **Advanced Radiology, American Radiology Services, Anti-Aging & Longevity Institute, Dr. Park Acupuncture, Financial Fitness, Home Instead Senior Care, Howard Commuter Solutions, Maryland Relay, Nava Health & Vitality, New York Life, Oasis Senior Advisors and Pinot's Palette.**

Thanks also to our media sponsors – **Focus on Women Magazine, Her Mind Magazine, The Beacon Newspapers, The Business Monthly, The Umbrella Syndicate** and the **Women's Journal**; print sponsor, **Corridor Printing**; and transportation sponsor, **Regional Transportation Agency** (see box for transportation options).

Go to [www.howardcountying.org/WomenFest](http://www.howardcountying.org/WomenFest) for full details. For ongoing updates and other event information, follow our Facebook page at [www.facebook.com/HoCoCitizen](http://www.facebook.com/HoCoCitizen), or call 410-313-5440 (voice/relay). To request a sign language interpreter or other accommodations to attend, call Maryland Access Point at 410-313-5980 at least one week in advance.

## Transportation Options for WomenFest!

A limited number of FREE round-trip **RTA Bus** tickets will be available, departing from the **North Laurel Community Center** and the **Bain Center**.

**NeighborRide** is also coordinating rides for WomenFest, providing transportation to the bus AND offering door-to-door service to the event.

Call **410-313-0380** for availability and more details. Reserve your ride no later than **Monday, April 20!**



# Spring Home Repairs and Improvements

by *Rebecca Bowman, Administrator*  
*Howard County Office of Consumer Affairs*

This winter has brought record-breaking cold weather, along with snow, sleet and ice storms. During extreme weather conditions, you may have contracted for repairs resulting from frozen or burst pipes, but decided to leave non-emergency work (tree removal or driveway repair) for spring. When you look for someone to make such repairs, keep the following tips in mind.

- Check with your insurance company first, which may require specific contractors, or offer recommendations. Also ask about the extent of your coverage (i.e., your policy may only cover replacement of damaged materials, and to match the existing materials, you would pay for replacing non-damaged areas).
- Make sure your home improvement contractor or tree care service is properly licensed. To verify a contractor's license, contact the Maryland Home Improvement Commission at 410-333-6301 or at [www.dllr.state.md.us](http://www.dllr.state.md.us). Verify a tree services license by calling the Maryland Department of Natural Resources at 410-260-8511 or at [www.dnr.maryland.gov](http://www.dnr.maryland.gov).
- Be on the lookout for door-to-door con artists, who may offer great deals but never deliver. Door-to-door solicitors must be registered and carry an ID card issued by the Office of Consumer Affairs.
- Take your time and comparison shop before signing a contract. Contracts should be specific about materials and brands, with start and completion dates. Make sure any verbal promises are included in the contract. Legitimate door-to-door sales contracts must also include a 3-day right of cancellation.
- Do not obtain any County building permits yourself. Contractors are required by law to obtain all permits.

Contact the Howard County Office of Consumer Affairs at [www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer), or 410-313-6420 (voice/relay) for more information on any consumer topic.

## Cycle2Health

HOWARD COUNTY



Please Join Us for the 2015  
**CYCLING SEASON KICK-OFF!**

**Thursday, May 14, 2015 • 10 a.m.**  
**East Columbia 50+ Center**

In the parking lot at 6600 Cradlerock Way, Columbia, MD 21045

For more information, contact  
Jennifer Lee, Program Coordinator  
410-313-5940 (voice/relay) • [jlee@howardcountymd.gov](mailto:jlee@howardcountymd.gov)

[www.howardcountying.org/cycle2health](http://www.howardcountying.org/cycle2health)



This is a recreational program for the benefit of exercise and to explore the natural beauty and sights of Howard County. A \$10 annual fee is required and will be collected at registration and applied to the spring through fall riding season. Rides vary in length and difficulty.

# April 2015 Calendar of Events

**Don't miss these exciting programs and services from the Howard County Office on Aging!**

To register for any of these events or for additional information, call the number listed or Maryland Relay 7-1-1.

## Flexible Dates and Times

**Piano or Vocal Lessons with Diane • Ellicott City Senior Center**

Want to improve your pitch or learn to play the piano? Schedule an appointment by contacting the center at 410-313-1400. Cost: \$30/half hour. Contact instructor Diane Waslick at 410-978-9974 for more info.

## Tuesdays • 9 a.m.

**Creative Writing for Beginners • East Columbia 50+ Center**

Blossom on paper in this 2-hour seminar! Learn to express yourself with instructor Shayna Johnson as your guide. FREE; register at 410-313-7680.

## Wednesday, April 1 • 10 a.m.

**Madison's Gift • Glenwood 50+ Center**

Author David O. Stewart will discuss his new book about the five partnerships that built America. FREE; register at 410-313-5440.

## Wednesday, April 1 • 11 a.m. to noon

**No Fooling Around • Bain Center**

The Fabulous 50+ Players present a musical revue of "the good ol' days." FREE; light refreshments. Sign up in the lobby or call 410-313-7213.

## Wednesday, April 1 • 10 a.m.

**Spring Egg Hunt • Elkridge Senior Center & Elkridge Library**

Welcome spring with an egg hunt, games, prizes and a visit from the Elkridge Bunny! FREE (donations appreciated); call 410-313-5192.

## Wednesday, April 1 • 7 p.m.

**Paws4Comfort Pet Evaluations • Bain Center**

Volunteer visits with your pet! Pets must be at least 1-yr old and have lived with you for six months or more. Call Ingrid Gleysteen at 410-313-7461.

## Mondays & Wednesdays, April 6 thru 22 • 4:30 p.m.

**Dance Basics • Ellicott City Senior Center**

Learn Ballet terminology along with fast footwork, basic turns and jumps with instructor Carol Asher. \$35 for 6 classes. Register at 410-313-1400.

## Tuesdays & Thursdays, April 7 thru May 28 • 9 a.m.

**Golden Barre • Ellicott City Senior Center**

Strengthen your muscles and increase range of motion with the Bender method of Barre (must be able to get up and down off the floor on own). Cost: \$79 for 15 classes (no class May 5). Register at 410-313-1400.

## Tuesday, April 7 • 11 a.m.

**Knitting Made Easy • Elkridge Senior Center**

Learn the easy, basics of knitting and crochet to make a beautiful, handmade item. \$2/person, includes supplies. Register at 410-313-5192.

## Wednesday, April 8 • 11 a.m.

**The Love Story • Glenwood 50+ Center**

A concert featuring songs of all the greats, including Frank Sinatra, Ella Fitzgerald, Etta James and more. FREE; register at 410-313-5440.

## Tuesday, April 14 • 11 a.m.

**Give My Regards to Broadway • Bain Center**

"Olde Golde" musical duo Jim Blackwell and Larry Stauffer will perform unforgettable Broadway hits from 1904-1959. FREE; register at 410-313-7213 or sign up in the lobby.

## Wednesday, April 15 • 11 a.m.

**Fabulous Fifties Concert & Lunch • North Laurel 50+ Center**

Enjoy favorite tunes from the 1950's with Lyric Opera Baltimore musicians and singers. Free program; lunch contribution for those 60+. Register at 410-313-0380 by April 8.

## Wednesday, April 15 • Noon

**Cuba: Culture, Conversation and Cuisine  
Glenwood 50+ Center**

Learn about Cuba's history, trivia and cuisine from Cuba de Ayer. \$10; register at 410-313-5440.

## Friday, April 17 • 10 a.m.

**Spring Breakfast Concert • Elkridge Senior Center**

Enjoy fresh omelets to order while Anthony Brown sings gospel favorites. \$4; lunch donations accepted. Register at 410-313-5192.

## Monday, April 20 • Lunch at noon; show 12:30 p.m.

**"A Celebration of Spring" Lunch Theatre • North Laurel 50+ Center**

Ballet Mobile's dancers combine music, movement, and imagery to touch the heart and lift the spirits. FREE program; lunch contribution for 60+. Register at 410-313-0380 by April 13.

## Mondays, April 20 & 27 • 9:15 a.m. thru lunch

**Where Were You When...? An Oral History Project**

**Glenelg Country School, 12793 Folly Quarter Road, Ellicott City**

Share your life experiences through interviews with 8<sup>th</sup> grade U.S. History students. FREE; breakfast and lunch provided. Must attend both sessions. Register at 410-313-0389 or [tolsen@howardcountymd.gov](mailto:tolsen@howardcountymd.gov) by April 13.

## Tuesday, April 21 • 11 a.m.

**Spring Fever Fashion Show • Bain Center**

View Taylor Marie's Spring Collection, then refresh your wardrobe with a chance to shop until 3 p.m. Register to attend or model at 410-313-7213.

## Friday, April 24 • 9:30 a.m.

**Wire Wrapped Bird's Nest Jewelry • North Laurel 50+ Center**

Learn organic wire wrapping techniques to make pendants and charms. \$10; includes all materials. Register at 410-313-0380 by April 22.

## Saturday, April 25 • 10 a.m. - 3 p.m.

**7th Annual WomenFest • Glenwood 50+ Center**

A dynamic day for women of all ages! Over 90 vendors and exhibitors; seminars, workshops & health screenings; cooking demos; great shopping and food; and a keynote address to help you build a healthy tomorrow. FREE ADMISSION; call 410-313-5440 (detailed ads in this issue).

## Wednesday, May 20

**Departs East Columbia 50+ Center at 8 a.m.**

**Beautiful: The Carole King Musical**

Treat yourself to a Broadway Musical trip to New York City and enjoy dinner at Hurley's Restaurant. \$250/person; register at 410-313-7680.



*To request accommodations to attend any of these events, call 410-313-5980 (VOICE/RELAY) one week in advance.*



The Senior Connection is published monthly by the Howard County Department of Citizen Services and the Office on Aging.

This publication is available in alternate formats upon request.

To join our subscriber list, email [seniorconnection@howardcountymd.gov](mailto:seniorconnection@howardcountymd.gov)

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**410-313-6410 (VOICE/RELAY) • [www.howardcountyaging.org](http://www.howardcountyaging.org)**

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# Don't miss the 7<sup>th</sup> Annual WomenFest!

Designed to inspire women to live a more balanced, healthier and fulfilled life!

## WOMENFEST

A Health & Wellness Event for Women

**Saturday, April 25, 2015**  
**10 am - 3 pm**

Gary J. Arthur Community Center at Glenwood  
2400 Route 97, Cooksville, MD 21723

**WomenFest is THE perfect place to shop two weeks before Mother's Day!**

**FREE ADMISSION!** Grab a few friends for a day of fun and shopping with 90+ vendors and exhibitors, seminars, health screenings, door prizes and more!

**TRANSPORTATION AVAILABLE** – Departing from North Laurel Community Center and Bain Center  
Call 410-313-0380 for availability and details.  
Reserve your seat by Monday, April 20.

### PROUDLY SPONSORED BY ABC2 AND PARTNERS:



Howard County Health Department  
Howard County Recreation & Parks  
Special Beginnings Birth & Women's Center  
SynergyFx  
The Body Image Therapy Center  
U.N.I. Urgent Care Center

### PREMIER SPONSORS:



**SIGNATURE SPONSORS:** Advanced Radiology • American Radiology Services • Anti-Aging & Longevity Institute • Dr. Park Acupuncture  
Financial Fitness • Home Instead Senior Care • Howard Commuter Solutions • Maryland Relay • Nava Health & Vitality • New York Life  
Oasis Senior Advisors • Pinot's Palette

**MEDIA SPONSORS:** Focus on Women • Her Mind • The Beacon • The Business Monthly • The Umbrella Syndicate • Women's Journal

**PRINT SPONSOR:** Corridor Printing | **TRANSPORTATION SPONSOR:** Regional Transportation Agency

## Build Your Healthy Tomorrow, Today!

Keynote speaker, **Lynne Brick**, president, Brick Bodies Fitness Services, Inc.



Lynne's presentation will feature three easy steps to motivate and inspire you on a journey to health and happiness.

Enjoy seminars, workshops and demos:

### "Be On Guard, It's Not Hard"

Lt. Troy Bailey, Howard County Police Department

### "The Pulse of Wellness"

Kristin M. Clark, MD, WellBeing Medical Care

### "Splash of Art"

Lisa Noss, Pinot's Palette

### "Exercise Good Cent\$"

Pamela Gilmour, CEO, CPA & Stephen Norris, CFP  
Financial Fitness

### "Can You Hear Me Now?"

Norma Stevens, MS, LCPC  
IHS Psychotherapy and Counseling LLC

### "Stirring Up Fun in the Kitchen!"

Eight Broads in the Kitchen



**410-313-5440** (VOICE/RELAY)

[www.howardcountyaging.org/womenfest](http://www.howardcountyaging.org/womenfest)

If you need accommodations to attend this event, call MAP at 410-313-5980 (VOICE/RELAY) at least one week prior.